

# STRAWBERRIES

## FAST FACTS

- Eight strawberries will provide 140% of the recommended daily intake of Vitamin C for kids
- Strawberries are grown in every state in the United States and in every province of Canada
- On average, there are 200 seeds in a strawberry
- Strawberries are a member of the rose family



## IMPORTANT NUTRIENTS

- **Fiber** – good for your gut and heart
- **Vitamin A** – good for your eyes, skin, and immune system
- **Vitamin C** – helps with wound healing
- **Folic acid** – involved in new cell creation
- **Potassium** – needed for muscle contraction

## SELECTION & STORAGE

Look for bright red berries with fresh green caps. Visually check each package, to make sure there are no signs of mold.

Store unwashed berries loosely covered with plastic wrap in the coldest part of your refrigerator for two to three days. Do not wash berries until ready to use.

## IDEAS FOR SERVING

- Enjoy fresh strawberries as a snack throughout the day
- Add strawberries to your smoothie, oatmeal or cereal at breakfast
- Incorporate strawberries into a salad at lunch or serve with yogurt for dessert



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## ACTIVITIES

### **Five Senses Fun!**

Use your five senses to describe how strawberries look, feel, taste, sound, and smell.

### **Sort By Size**

Separate your strawberries into two different piles, one pile of large strawberries and one pile of small strawberries.

### **Compare & Contrast**

Make a list of similarities and a list of differences between strawberries and other berries. Are there more similarities or differences?

### **Poetry**

Write a poem about the health benefits of strawberries. Share with the class!

### **Write a Recipe**

Invent a new recipe that includes strawberries as one of the ingredients.

### **Watch a Video**

Find and watch a video online that shows how strawberries are grown, harvested, and distributed in the United States.

## CHECK FOR UNDERSTANDING

**How many seeds on average are found on a strawberry?**

**Strawberries are a member of which plant family?**

**Which nutrients are found in strawberries?**

**What should you look for when selecting strawberries at the store?**

**How should you store strawberries?**

## REFERENCES

University of Illinois Extension. (2019). Retrieved From. <https://web.extension.illinois.edu/strawberries/facts.cfm>

